

# PROCEDURE DURING COVID-19 FOR SELF ISOLATED INDIVIDUALS

## AND FAMILY MEMBERS THAT ASSIST THEM



The person with suspected or confirmed COVID-19 infection should avoid infecting any other family members, by staying in a separate room and using a separate bathroom, where possible.



The assigned bedroom and bathroom must be frequently ventilated and all surfaces thoroughly cleaned daily with a normal household disinfectant or chlorine products (bleach diluted in water - 1 part of bleach per 50 of water) or with 75° alcohol.



Towels must not be shared and must be replaced frequently.



Store dirty linen, sheets and towels in a tightly closed plastic bag. If the person who is ill is able to do these things on his or her own, it is best that he or she handles them. Everything must be washed with normal detergent at 60°-90°C.



Disposable gloves, tissues, masks and any other litter must be disposed of, in a foot-operated container with a double bag, best if the bin is placed inside the patient's room. The bag must then be tightly closed and disposed of, as undifferentiated rubbish.



Select a healthy (possibly young) person in the family who will assist the patient and that will always wear a surgical mask when in contact with the patient. If a mask is not available, use a handkerchief to cover nose and mouth securely, which must be immediately washed after use. When the assistant enters the patient's room, the patient must also wear his or her surgical mask at all time.

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Meals should be left outside the patient's bedroom door and collected by the patient once the assisting person has left. The empty tray should be left once again outside the room after the meal. All cutlery, crockery and tray must be thoroughly washed.



Avoid any contact with body fluids, especially oral or respiratory secretions, faeces and urine, by using disposable gloves.



The patient may leave his or her dedicated area for a short time by wearing mask and disposable gloves, while keeping a safe distance away from other members of the family.



All members of the family should keep away and stay in different parts of the house and, if possible, sleep in separate rooms.



It is fundamental that everyone keeps an accurate hygiene by washing hands thoroughly, especially if you have a sick or potentially contagious family member in the house, even if without any symptoms.



The same precautions should be taken in case a family member has been in contact with a person who has fallen ill during the 14 previous days.



Any family member who has been cured for Covid-19 at home or discharged from hospital, should still be self isolated during a 14 day period from when the symptoms have disappeared or until two subsequent swabs are negative.